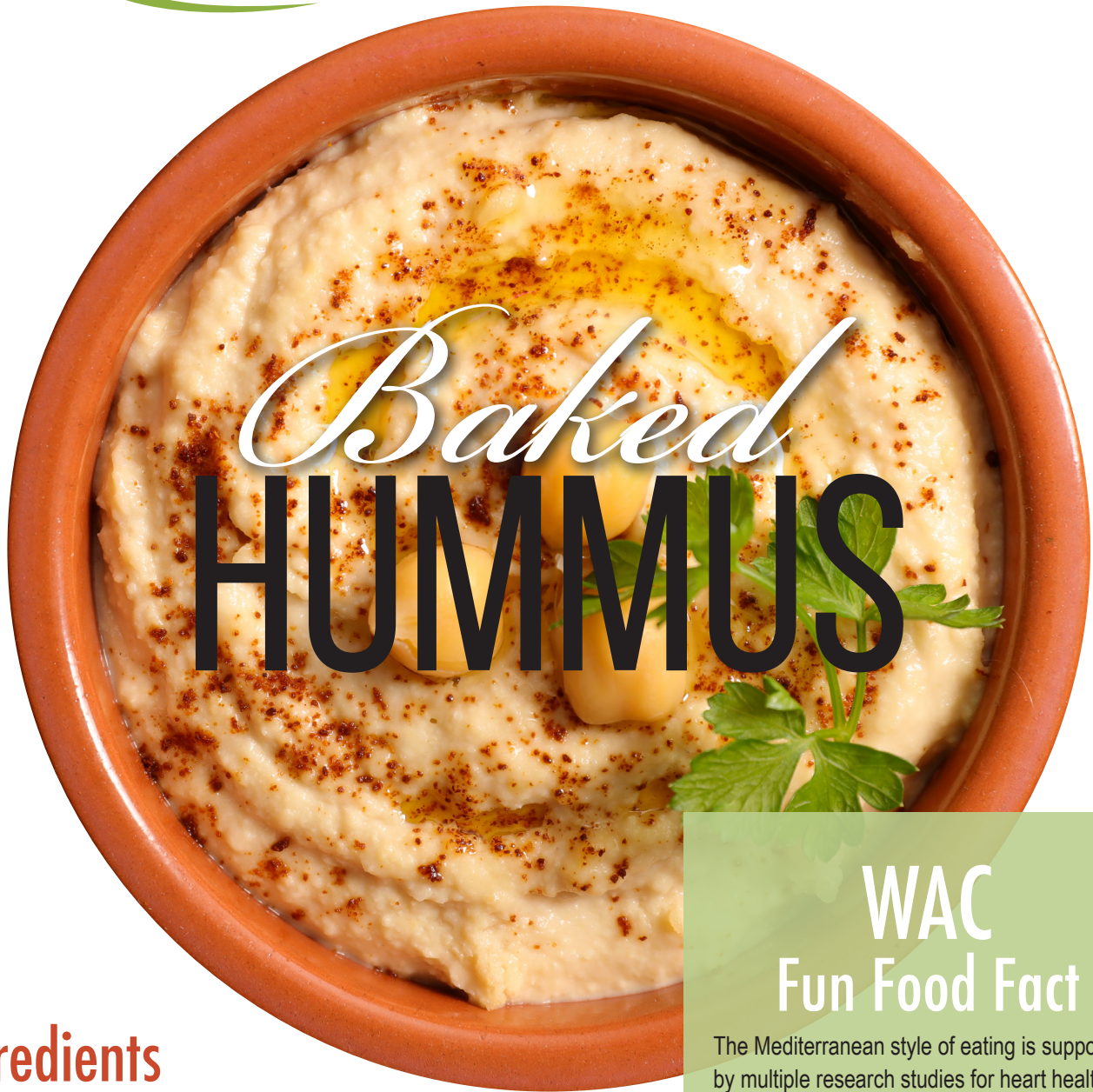




Recipe of the Month |

NOV



Ingredients

- 2 (7 ounce) containers plain prepared hummus
- 1-1/4 cups crumbled feta cheese
- 2/3 cup chopped Kalamata olives
- 2/3 cup chopped fresh tomato
- 2 tablespoons olive oil

NUTRITION INFORMATION

Serving size: about 2 Tbsp.
Per serving: 60 calories; 4 g fat(-1 g sat); 1 g fiber; 3 g carbohydrates; 2 g protein; 5 mg cholesterol; 0 sugars; 160 mg sodium;
Carbohydrate Servings: 0

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Preparation

- Spread hummus evenly into an 8x8 inch square baking dish.
- Sprinkle with feta cheese, being sure to evenly cover the surface.
- In a separate bowl, gently toss the tomatoes and olives together until blended well.
- Layer the olive and tomato mixture on top of the feta cheese.
- Drizzle with 2 Tbsp olive oil. Bake at 350°F for 15 to 20 minutes.
- Serve warm with Crunchmaster® Original Multi-Seed Crackers.

WAC Fun Food Fact

The Mediterranean style of eating is supported by multiple research studies for heart health and general wellbeing. It is also easier to follow than some of the more extreme plans. This vegetarian dip includes heart healthy plant-based foods, including healthy oils contained in olives and olive oil.